



Kingsport Senior Center News

November 2010

Volume XVIII Edition 11

1200 East Center Street Kingsport, Tenn. 37660

Thanksgiving/Veterans Day Luncheon

Thursday, November 11, 2010

Time: 11:30 am

Sign-up in the Senior Center Office by Nov 4th, please bring a covered dish to share, Friends of the Senior Center providing Turkey, dressing, twice baked potatoes, rolls and drink.

**"Remember to Remember"~ Special
entertainment by Johnson**

**Elementary students at 12:15 in the 2nd floor
theater**

Third Annual Christmas Tree Forest

Community Party and Tree Auction

Thursday, December 2, 2010

5:00—8:00 pm

2nd Floor Gallery and Atrium

We are excepting sponsored trees, wreaths and table center pieces for auction on
Monday, November 8th and Tuesday, November 9th

For more information, please contact Michelle at 392-8404

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior
Center is located at
1200 E. Center Street at the
Renaissance Center.**

**For more information call the
Center at (423) 392-8400
www.kptseniors.com**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

**Senior Center Closings:
Thursday, November 25th
Friday, November 26th
Saturday, November 27th
For Thanksgiving Holiday**

**Membership dues
For Fiscal year
July 1, 2010-June 30, 2011**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents

Advisory Council Meeting
Thursday, November 18, 2010
12:30 p.m.
Room: 228

Kingsport Senior Center Staff

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Editor— Michelle Tolbert

**Partial funding by the Area Agency
on Aging and the
Tennessee Commission on Aging.**
The Kingsport Senior Center does not
discriminate on the basis of race, color,
or national origin.
The Kingsport Senior Center accepts
donations / contributions.
Your favorite program area may be specified.

Wellness

WELLNESS SEMINARS

Lunch & Learn: This seminar will be presented by Dr. Shari Rajoo, MD with Blue Ridge Internal Medicine on **Tuesday, November 9, 2010** in Room 239 from 10:30 am to 11:30 am with lunch to follow provided by Indian Path Medical Center. Topic of discussion will be "A Discussion of Blood Sugars and Other Useful Stuff". You must reserve a seat to attend. Stop by the office and sign up there is a limit of 50 seats available. Dead line for signing up is **Friday, November 5, 2010**.

Prescription Medication Pick Up: Bryan Sandid, Marketing & Sales with Wilson Pharmacy will be at the Center on **Tuesday, November 23, 2010** from 12:30 pm to 1:30 pm in the Card Room. Topics of discussion will be "Compounding, Delivery and Eliminating Medication Errors". All members are invited and we hope to see you there.

Digestion: Cynthia Gallimore, Wellness Solutions Provider will be at the Center on **Thursday, December 2, 2010** from 12:30 pm to 1:30 pm in the Card Room. Topics of discussion will be "Optimizing Your Health: Digestion". All members are invited and we hope to see you there.

Billiards Tournament

We invite all pool sharks to show off your skill on **Wednesday, November 17, 2010** at 9:30 am in the Billiards Room. This tournament will be an 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person! Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first two tables** in the billiards room.

TOURNAMENTS

Doubles Pickleball Tournament: We invite all Pickleball players to show off your skills on **Friday, December 10, 2010** at 10:00 am in the Lynn View Gym. This tournament will be luck of the draw pickleball, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament, with a minimum of 12 players to sign up for tournament to be played. Sign ups begin on **November 10, 2010**.

Bowling for Turkeys: The Tournament will be held on **Monday, November 22, 2010** at 9:00 am at Warpath Bowling Lanes. Cost per game for each participate is \$2.20 payable at Warpath Lanes. We will need a minimum of 10 to sign up to have this tournament. This is a singles tournament with highest score of three games to determine the winners of 1st, 2nd, and 3rd place only. Remember, you don't have to be an everyday bowler because in this tournament you bowl with both hands on the ball and between your legs. It's a lot of fun and this may be your lucky year to win a turkey. As always we hope to have some new players come out and join us. So stop by the Office and sign up.

Tennessee Lady Vols Basketball

Come join us as we travel to Knoxville on **Thursday, December 30, 2010** for the Lady Vols vs Rutgers. Cost is \$27.00, which includes your ticket and transportation with 20th Century Coach. We will depart the Senior Center at 2:30 pm with lunch on your own at Puleo's Grille in Strawberry Plains. We have 46 tickets available and a (2) ticket limit per person, sign up begin **Wednesday, December 1, 2010, so mark your calendar!**

Chess Players

We would like to start playing and teaching the game of chess at the Senior Center on Friday **November 19 2010** at 12:00 pm in the Multi-Purpose Room, any member who is interested see Kevin.

Daily Activities & Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
 Woodworking ~ 8:30 ~ Woodshop
 Chinese Yoga ~ 8:30 ~ Lynn View Community Center
 Quilting ~ 9:00 ~ Room 303
 Camera Club ~ Go to www.scphotogroup.com
 Happy Day Singers ~ 9:45 ~ Travel
 Clay Beginning Throwing ~ 10:00 ~ Ceramic/Clay Studio
 Strength Training ~ 10:15 ~ Gym
 Beginning Line Dancing ~ 11:30 ~ B & G Club
 Intermediate Line Dancing ~ 12:45 ~ B&G Club
 Lap Swimming ~ 12:30-1:00 ~ DB Pool
 Table Tennis ~ 1:00 ~ Gym
 Knitting ~ 1:00 ~ Room 303
 Balance, Stability and Stretching ~ 2:30 ~ Lynn View Community Center
 Strength and Conditioning ~ 3:15 ~ Lynn View Community Center
 Volleyball ~ 4:00 ~ Gym

Tuesday ~

Tai-chi ~ 8:30 ~ Room 310
 Woodworking ~ 8:30 ~ Woodshop
 Step Aerobics ~ 8:30 ~ B&G Club
 Mini Cardio ~ 8:45 ~ Room 302
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio
 Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
 Core Conditioning ~ 9:30 ~ Boys and Girls Club
 Strength Training ~ 9:30 ~ Gym
 Beginning Tai-chi ~ 9:45 ~ First Broad St. UMC
 Renaissance Strings ~ 10:00 ~ Multipurpose Rm
 Sing Along ~ 10:15 ~ Cafeteria
 Exercise for Everybody ~ 10:30 ~ Gym
 Yoga ~ 11:00 ~ First Broad Street UMC
 Dulcimer (Beginning) ~ 11:00 ~ Multipurpose Room
 Good Neighbors ~ 12:15 ~ Lounge
 Lap Swimming ~ 12:30—1:00 ~ DB Pool
 Shuffleboard ~ 1:00 ~ Ceramics Hallway
 Pickleball ~ 1:00 ~ Gym
 Piano Lessons ~ 1:30 ~ Multipurpose Room
 Basketball ~ 4:00 ~ Gym
 Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
 Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
 Woodworking ~ 8:30 ~ Woodshop
 Clay Beginning/Intermediate ~ 9:00 ~ Ceramic/Clay Studio
 Strength Training ~ 10:15 ~ Gym
 Intermediate Clogging ~ 11:15 ~ Room 302

Wednesday Continued

Lap Swimming ~ 12:30-1:00 ~ DB Pool
 Belly Dancing ~ 1:30 ~ Room 302
 Hand and Foot Card Game ~ 12:30 ~ Card Room
 Table Tennis ~ 1:00 ~ Gym
 Laughter Yoga ~ 11:00 ~ Multipurpose Room
 Balance, Stability and Stretching ~ 2:30 ~ Lynn View Community Center
 Strength and Conditioning ~ 3:15 ~ Lynn View Community Center

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
 Woodworking ~ 8:30 ~ Woodshop
 Tai-chi ~ 8:30 ~ Room 310
 Step Aerobics ~ 8:30 ~ B&G Club
 Woodworking ~ 8:30 am -3:30 pm ~ Woodshop
 Mini Cardio ~ 8:45 ~ Room 302
 Woodcarving ~ 9:00 ~ Room 303
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio
 Core Conditioning ~ 9:30 ~ Boys and Girls Club
 Strength Training ~ 9:30 ~ Gym
 Beginning Tai-chi ~ 9:45 ~ First Broad St. UMC
 Beginning Clogging ~ 10:00 ~ Room 302
 Exercise for Everybody ~ 10:30 ~ Gym
 Yoga ~ 11:00 ~ First Broad Street UMC
 Beginning Belly Dance ~ 11:30 ~ Room 302
 Jam Session ~ 12:00 ~ Cafeteria
 Good Neighbors ~ 12:15 ~ Lounge
 Volleyball ~ 1:00 ~ Gym
 Lap Swimming ~ 12:30-1:00 ~ DB Pool
 Pickleball ~ 4:00 ~ Gym

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
 Woodworking ~ 8:30 ~ Woodshop
 Genealogy Group ~ 9:00 ~ Computer Lab
 Beginning Bridge ~ 9:30 ~ Card Room (call office prior to attending)
 Strength Training ~ 10:15 ~ Gym
 Lap Swimming ~ 12:30—1:00 ~ DB Pool
 Bridge Group ~ 1:00 ~ Card Room
 Pickleball ~ 1:00 ~ Gym
 Art Class ~ 2:00 ~ Room 303
 Ballroom Dance ~ 5:00 ~ Cafeteria
 Spanish ~ 5:30 ~ Multipurpose Room

Saturday ~

Basketball ~ 9:00 ~ Gym
 French Class ~ 9:00 ~ Card Room
 Harmonica ~ 9:00 ~ Lounge
 Table Tennis ~ 10:30 ~ Gym

Travel and Special Events

Information on Volunteer Program at Holston Valley Hospital ~ Tuesday, November 2, 2010 ~ Tuesday, November 2, 2010 ~ 9:00am. Card Room. Speaker: Brandy Tipton. Door prizes will be given. No sign-up required, walk ins welcome!

Radon / Household Dangers Seminar ~ Tuesday, November 2, 2010 ~ 12:15 pm. Card Room. Refreshments will be provided. Speaker: Jan Compton, Environmental Coordinator, State of TN. No sign-up required.

Holiday Card Making Workshop ~ Thursday, November 4, 2010 ~ 5:30-7:00 pm at Lynn View Community Center Cafeteria Area. Cost: \$7.00, paid to instructor, includes materials. Sign-up at the senior center office so we know how much materials are needed. Instructor: Vicki Patton.

Weldwood Intertribal Native American presentation on Natural Foods ~ Thursday, November 4, 2010 ~ 12:30pm. 2nd floor theater. No sign-up required.

Knoxville Mall Shopping ~ Friday, November 5, 2010 ~ depart at 8:30 am, return by 5:00 pm. Cost: \$5.00 plus lunch on your own. Sign-up began: Oct 8th.

"Get Fit with Common Items from Home" ~ Wednesday, November 10, 2010 ~ 11:00 am. Lynn View Community Center, cafeteria. Cost: \$5.00 includes lunch and exercise band, pay fee to instructor Tony Mays day of program.

Surviving the Holidays/ Nutrition/ Weight Management Class ~ Mondays and Wednesdays, begins November 15th, Time: 10:30 - 11:30 am. Lynn View Community Center. Cost: \$120.00. This class meets 2 times a week for 6 weeks. Sign-ups begin: Nov 1st.

Barter, Abingdon, VA. ~ "It's A Wonderful Life" with lunch at Red Lobster, exit 7 ~ Wednesday, November 24, 2010 ~ depart at 10:30 am, return by 5:30pm. Cost: \$20.00. Sign-ups begin: Nov 4.

Christmas Tree Decorating Party ~ Tuesday, November 30, 2010 ~ 1st floor atrium. 12:30pm. Light refreshments will be served. No sign-up required.

SWVA Museum Christmas Tree Exhibit/ lunch at Prime Sirloin Steakhouse, Big Stone Gap, VA.~ Wednesday, December 1, 2010 ~ depart at 10:00 am, return by 4:00 pm. Cost: \$2.00 at sign-up, plus lunch on your own and \$3.00 cash only day of trip. Sign-up begins: Nov 5th.

Visit Mountain Music Museum / lunch at Piccadilly, Bristol Mall, Bristol, TN. ~ Friday, December 3, 2010 ~ depart at 10:30 am, return by 4:00 pm. Cost: \$2.00 at sign-up, plus lunch on your own. Sign-ups begin: Nov. 5th. *Donations accepted at Museum.

Out-To-Lunch-Bunch ~ Family Bakery & Restaurant, Gate City, VA. ~ Wednesday, December 15, 2010 ~ depart at 10:30 am, return by 3:00 pm. Cost: \$2.00, plus lunch on your own. Sign-up begins: Nov 5th.

Wolfahrt Haus, Wytheville, VA. ~ "Christmas In The Mountains"~ Friday, December 17, 2010~ depart at 9:45 am, return by 6:00 pm. Cost: \$38.00. Sign-ups begin: Nov 5th.

News To Use

Widowed Person's Support Group

Thursday, November 18, 2010

Time: 5:00 p.m.

Multipurpose Room

Topic of discussion: ""It" could happen to you"
(we know what we mean)

Cooking Class

Senior Center Lounge

Monday, November 15, 2010

Time: 9-12:30pm

Facilitator: Nathalie Trent

Library Book Day

Thursday, November 18, 2010

Time: 9-11 a.m.

Table in front of the senior center office

Learn to Play the Recorder

Beginning Recorder Lessons

Instructor: Martha Avaleen Egan

6 week course / weekly 45 minute lesson

Cost: \$85 for six weeks of classes including book.

Minimum of 6 students needed to teach class

Please call the senior center office if interested by November 15th

Essential Oils ~ "Oils of Ancient Scripture"

Monday, November 8, 2010

10:00 am

Card Room

Cost: \$5.00 per person, payable to instructor day of class

Instructor: Jamie Hyatt, RN, FCCI, BCRS, LSH and Becky Wall, CRP, LSH

Join us as we journey back in time to uncover ancient biblical text that reveal the exciting mystery of therapeutic essential oils for healing and longevity. Learn how to use each oil and begin your journey to greater health.

No sign-up required

A TASTY TREAT FROM MARSHA

Chicken and Dressing (Casserole)

Cooked chicken breast (according to number of servings)

Cornbread dressing: cornbread or cornbread stuffing mix

Sage, to taste

Salt and pepper

Chopped celery and onion cooked till tender in water or chicken broth

1 egg

1 can cream of mushroom soup

1 can cream of chicken soup

1 can cream of celery soup

Mix the soups together.

Dressing: crumble the cornbread fairly fine; add sage, salt, pepper, egg and liquid. Mix together.

Layer as follows:

Soup mixture, chicken, dressing mixture, soup ending with the soup mixture on top.

Allandale Dance

Tuesday, December 7, 2010

Time: 6:30 - 9:30pm

Cost: \$10.00 per person

Catered by: BJ's Catering

Enjoy the music of the Patti Quarles Trio

Tickets go on sale November 5th

Your Page

From the Dancing Corner

Kids Our Age returns to Rascals on November 12th. This three-men band needs no introduction: they are the favorite band of many of our regular attendees. They play a wide variety of pop music. When they come, it is guaranteed to be an enjoyable evening. Join us at Rascals on November 12th. We look forward to having you and your friends!

November Dance with Live Music from Kids Our Age

When: November 12, 2010

Time: 7:00 PM—10:00 PM

Where: Rascals Teen Center

125 Cumberland Street, Kingsport

The cost is \$5.00 per person.
Please bring a dessert or snack to share.

Put On Your Calendar

I welcome you to my second Thanksgiving Dinner. Last year eight people came and stayed eight hours. Hope you can come this year. Sign-up in the senior center office for time and directions by November 17th

Carolyn Tymus

Pet Food Drive

Benefiting the Kingsport Animal Shelter

September 10 — November 10, 2010

All donations can be dropped off at the senior center office

Listen to Reggae Piano Music in the atrium

~ Wednesday, November 17, 2010 ~ 11:30am

Pianist ~ Joan Donnavin

FREE

Just for Singles Fun Dinner

Thursday, November 11, 2010

Time: 6:00 PM

Where: Golden Corral

Cost: \$9.00

Sign-ups began: October 22nd

Sign-ups recommended, walk-ins welcome!

Be sure to ask a friend to come

Mark your calendar!

Intergenerational Arts for Kids Workshop

Saturday, December 18th

Can bring your grandkids!

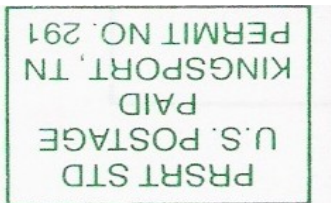
Cost: \$5.00

Stop by the office and let us know you want to attend by December 3rd

Medicare 101 ~ Tuesday, November 9, 2010 ~

Come by the table on Pool Room side hallway and get your questions answered and enjoy light refreshments at 1:00 pm.

Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400



**Senior Technology Fair
and
Face book sign-up
Sponsored by Best Buy
Thursday, November 4, 2010
First Floor Atrium
Time: 10am—12 Noon**

**Best Buy employees will be available to show
participants user friendly lap-tops, phones, GPS
units, iPods, cameras, etc.**

Come and see how to become a friend of the Senior Center